

July 2011



MFD Times



*"But sound aloud the praises,
and give the victor-crown
To our noble-hearted Firemen,
who fear not danger's frown."
-Frederic G.W. Fenn*

Captain Kincaid Promoted

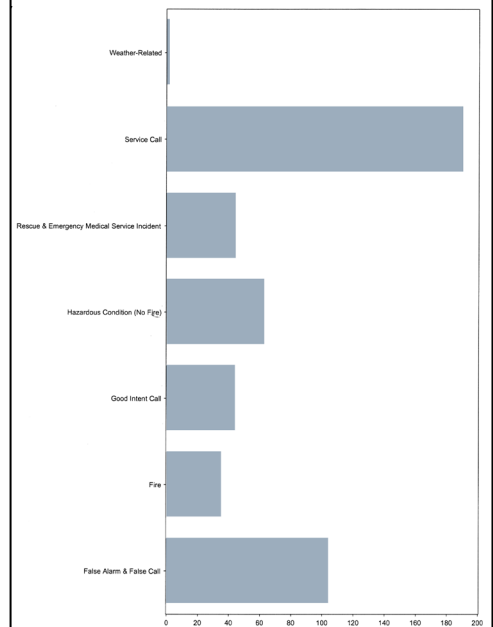
Promotions within the department have begun with Chief Kelly accepting the Chief position. Captain Kincaid has been promoted to Deputy Chief and will oversee Truck 1 and Engine 4 effective Monday, June 27th.

The Chief structure becomes:
Chief Jack Kelly C-1
Deputy Chief Britton C-2
Deputy Chief Carter C-3
Deputy Chief Kincaid C-4.

The Captain and Lieutenant promotional process has begun with testing for Lieutenant candidates on July 11th at the station beginning at 19:00. Oral boards are scheduled for the following Thursday, July 14th.



Total Calls: 480
Year-To-Date



**Monthly
Pre-Plan**

**June Run
Statistics**

**Firefighter
Close Calls**

**Know Your
Knots**

Monthly Pre-Plan: 331 Elm Street

Here's the scenario:

It's a hot summer day about 85 degrees with a gentle breeze from the west. It's Sunday morning at about 9am. The tone comes in for smoke coming from the antiques place at 331 Elm St. First officer on-scene establishes commands and reports smoke coming from the B-C side of the building. The photo is what the first engine sees as it pulls in.

Firefighters:

What are your priorities on the first engine?

Second engine? Ladder? Engine 4?

What are your hazards?

How many people are missing?

Which entrance do you use?

Drivers:

Where should pieces park?

Will we be able to utilize the Ladder?

Where are your nearest hydrants?

Are there power lines overhead?

Officers:

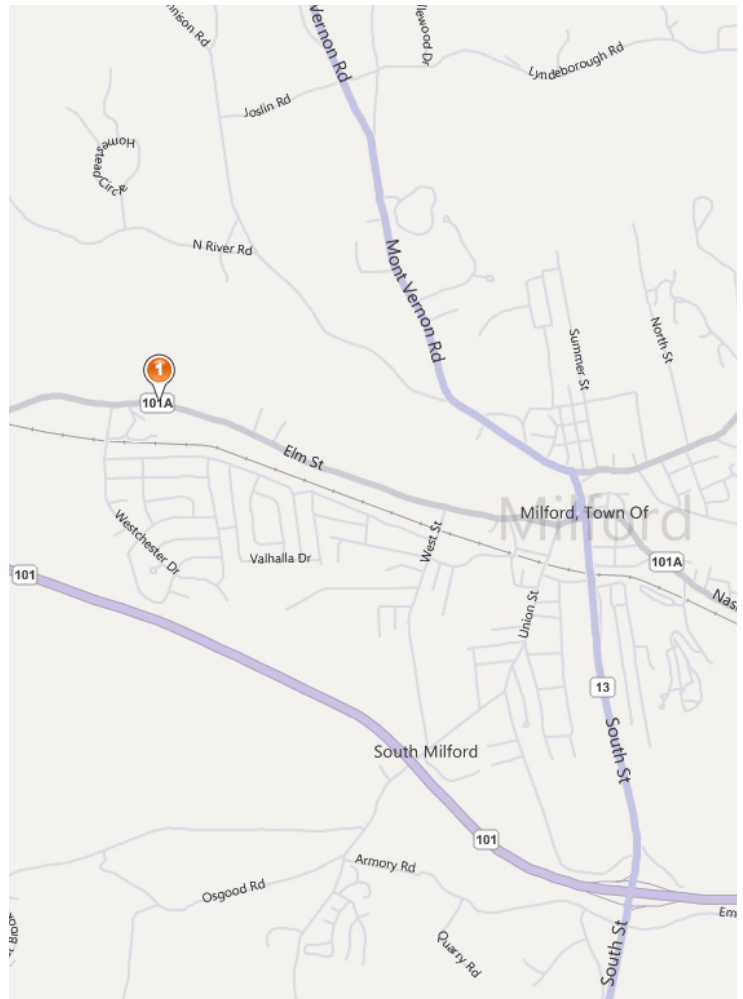
What is your size-up?

Do you need additional resources?

Where is command setting up? Rehab?

Do you have exposure issues?

Is this building residential, retail, both?



**JULY
2011**

Important Dates

TRAINING:

Engine 1, 2 and 3
Tuesday, July 5th - 7-9PM

Engine 4 & Ladder 1
Wednesday, July 6th - 7-9PM

Rescue A
Monday, July 18th - 7-9PM

Rescue B
Tuesday, July 19th - 7-9PM

MEETINGS:

Officer's Meeting
Thursday, July 28th - 7-9PM

EVENTS:

MFD vs AFD Softball Game
Sunday, July 3rd 5:30PM
@ Bean Fields (SHS)

Waffle Breakfast
July 10th - 7:30AM-11:00AM

Big Truck Day
July 12th - 10:00AM-Noon
@ Town Library

Lieutenant Promotional Exam
July 11th - 7:00PM

Lieutenant Oral Board
July 14th

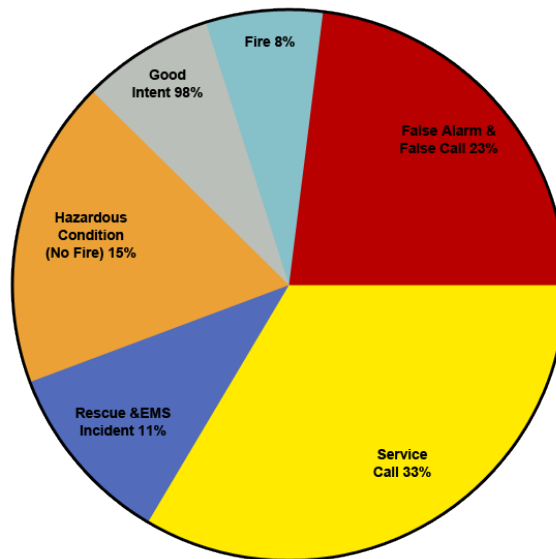
BIRTHDAYS:

July 9th - Dennis Heidel
July 10th - Fred Solan

HOLIDAYS:

July 4th - Independence Day

June Run Statistics



15 Absolute Rules of Flood and Swiftwater Rescue

1. Always wear a PFD and wear it properly. All persons within 10ft of the water should be wearing it.
2. Deploy spotters upstream. They are there to alert rescuers of any debris heading downstream that may be a hazard to rescuers.
3. The order of priority is always: Rescue yourself, rescue your crew, rescue the victim.
4. Always have a backup plan and be prepared to execute it.
5. Utilize multiple downstream backups. Typically this includes rescuers with throw bags or a secondary rope across the water.
6. Keep it simple! "Too many chiefs and not enough Indians" never gets the job done right.
7. Use the right equipment. PPE is for fighting fire, not water rescue. Cold water suits, gummy suits are not made for swiftwater rescues.
8. Never put your feet down if swimming or moving downstream. Underwater hazards can trap you, pulling you underwater with the current. The current may also be too great to stand.
9. Never Count on the victim to assist in his/her rescue. They are likely to be exhausted, hypothermic, injured, etc...
10. Never tie ropes to rescuers or victims. The current alone could be strong enough to pull the tagline making the rescue impossible. The rope could also get snagged putting the victim and/or rescuer in danger.
11. Lines stretched across moving water should never be at 90 degrees. The line should be stretched at 45 degrees with the downstream anchor point on the side with the rescuers/ambulance.
12. When tensioning rope across the water, always stand on the upstream side and never inside the bight. If you fall into the water, the current will push you towards the rescue line instead of downstream away from rescuers.
13. Never lose contact with the victim. Communicate, evaluate and perform the rescue. Abandonment is not an option.
14. Given the choice between a fire helmet and no helmet, always go with no helmet.
15. Always be proactive. Conditions shift quickly. Working in a current uses a lot of energy. Everyone needs to be on the same page.

FirefighterCloseCalls.com

Home of The Secret List



MN Firefighter Falls Down Elevator Shaft at Fire

Wednesday, June 22, 2011 -

St. Paul firefighter suffered minor injuries after falling down an elevator shaft at Stroh's Brewery on Tuesday night. He was battling one of two fires in the vacant complex.

Fire crews were called to the complex, at 707 E. Minnehaha Ave., just before 9 p.m. for a lightning strike with smoke showing from the complex.

Engine 4 arrived to find smoke showing from a two-story building on the Southwest side of the facility. Firefighters found rubbish burning and quickly contained the smoky fire.

Shortly after that was knocked down, crews found smoke coming from a four-story building across the alley, Chief Tim Butler told Twin Cities Fire Wire.



Command requested two additional engines to assist with water supply and additional personnel. Crews had to stretch several hundred feet of hose from the street to the fire buildings.

When crews forced their way inside the building, they found heavy smoke on all floors. Crews began opening up the building from the exterior to perform ventilation.

As firefighters searched for the seat of the fire a veteran firefighter fell about 15 feet down an elevator shaft.

He was removed from the shaft and was examined at the scene. He suffered minor cuts and bruises and was taken to the hospital for further examination.

"We were very lucky tonight," Butler said after the fire was out. "This could have been a whole lot worse."



Fully-Involved Shed Fire on Cypress Street



Get To Know Your Knots



Figure 8

The Figure 8 provides a quick and convenient stopper knot to prevent a line sliding out of sight, e.g., up inside the mast. Its virtue is that, even after it has been jammed tightly against a block, it doesn't bind; it can be undone easily. This virtue is also, occasionally, a vice. The figure 8 can fall undone and then has to be retied.

Comparison: As a stopper knot the Figure 8 should be compared to other knots commonly used as stoppers including the Double Overhand, and the Ashley, both of which have the advantage of greater stability. However, the figure 8 is better than the simple overhand knot which can bind so tightly that undoing it can be really difficult.

Climbing: For climbing, where safety is paramount, the Double Overhand is the preferred Stopper knot. However, the Figure 8 is important to climbers because it is the basis for tying the Figure 8 Bend (Rope Join), the Figure 8 Loop Follow Through, and the Double Figure 8 Loop.



Figure 8 Follow Through

The Figure 8 Follow Through allows the simple and reliable Figure 8 loop to be tied to a ring, a carabiner, or your own harness. It is reasonably easy to remember, tie, and check. When completed it forms a Figure 8 Loop.

Safety: For photography, this knot is shown above with a short tail end. For safety the end should be longer and, for load bearing, the end should be secured with a stopper knot around the standing end.

Final Dressing: To ensure that the knot is tied correctly, it is sensible to tie it in the "Flat" form shown. However, for taking a load, this knot should be carefully dressed so that the two outermost turns are brought in snug against the ropes they enclose - as a result the turns then finish on the other side of the turns they accompany. Dressed this way the knot is better able to withstand a load.

The Figure 8 Loop: When the knot can be dropped over a post, it is quicker and simpler to tie it like a Figure 8 knot using a bight instead of the end.



Prusik

The Prusik knot was developed in 1931 by Dr. Karl Prusik. It appears to be identical in structure to a knot described by Ashley for hoisting a spar, but Ashley did not name this knot and did not describe the slide and grip feature.

Structure: The knot requires a "Prusik Loop" which is constructed by joining the two ends of a length of rope using a Double Fisherman's or a Triple Fisherman's.

Uses: Its principal use is allowing a rope to be climbed. Two Prusik loops are alternately slid up the static rope: a long Prusik loop allows the climber to lift himself using leg power, and a second short Prusik loop is attached to the harness. In rescue work, if a climber has to be pulled up, a Prusik loop can hold a pulley block purchase system on a climbing rope.

Slide and Grip Knots: Because the Prusik is a symmetrical slide and grip knot, it is useful if a load might need to be applied in either direction.

Summer Squash and Chicken

Prep Time: 15 min

Cook Time: 15 min

Ingredients:

- 1 lemon
- 1 tablespoon(s) olive oil
- 1/2 teaspoon(s) salt
- 1/4 teaspoon(s) coarsely ground black pepper
- 4 (about 1 1/4 pounds) chicken, skinless and boneless
- 4 (about 6 ounces each) medium yellow summer squash, each cut lengthwise into 4 wedges, substitute zucchini
- 1/4 cup(s) fresh chives, snipped

Instructions:

1. From lemon, grate 1 tablespoon peel and squeeze 3 tablespoons juice. In medium bowl, whisk together lemon peel and juice, oil, salt, and pepper; transfer 2 tablespoons to cup.

2. Add chicken thighs to bowl with lemon-juice marinade; cover and let stand 15 minutes at room temperature or 30 minutes in the refrigerator.

3. Meanwhile, prepare charcoal fire or preheat gas grill for covered direct grilling over medium heat.

4. Discard chicken marinade. Place chicken and squash on hot grill rack. Cover grill and cook chicken and squash 10 to 12 minutes or until juices run clear when thickest part of thigh is pierced with tip of knife and squash is tender and browned, turning chicken and squash over once and removing pieces as they are done.

5. Transfer chicken and squash to cutting board. Cut chicken into 1-inch-wide strips; cut each squash wedge crosswise in half.



6. To serve, on large platter, toss squash with reserved lemon-juice marinade, then toss with chicken and sprinkle with chives. Garnish with grilled lemon slices.

Courtesy of Good Housekeeping

A Little MFD History

Worthmore Feeds on Cottage Street March 22, 1964 06:39



**WAFFLE
BREAKFAST**
7:30AM-11:00AM
at the Fire Station



**Next Breakfast
Sunday, July 10th**

**\$5.00 per person
(kids under 5 eat free)**

Proceeds benefit the Milford Fireman's Relief Association.
Donations are welcome.



Waffle Breakfast Photos - June 12, 2011



HEAT EMERGENCIES

By: Robb Duprey, EMT-I

As the summer grind heats up, sun-burn and heat emergencies - heat cramps, heat exhaustion and heat stroke will be on the rise. Baseball and golf are in full swing while fall sport tryouts - football and soccer, will be commencing. EMS or fire may be called to respond to such emergencies.

Another unnoticed group easily affected by the heat is emergency service workers performing every day shift activities, standbys, training and or course fire fighters in full gear performing fire suppression and rescue activities.

Everyone from first responders to paramedics have basic protocols to follow in treating patients suffering from heat related emergencies. Types of heat related emergencies and associated signs & symptoms include:

Heat Cramps: brief, intermittent, and often severe muscular cramps that frequently occur in muscles fatigued by heavy work or exercise. The primary cause of these cramps is sodium and water loss.

Heat Exhaustion: a form of heat illness characterized by minor aberrations in mental status, dizziness, nausea, headache, fainting, and a mild to moderate increase in core body temperature (up to 103 degrees F). The body continues to sweat, however if left unchecked, will progress to heat stroke.

Heat Stroke: A true life-threatening emergency that occurs when the thermoregulatory mechanisms normally in place to meet the

demands of heat stress break down entirely. Core body temperature rises to 105.8 degrees F and higher. Patient's exhibit hot, dry skin and altered mental status.

Multi-system tissue damage and physiological collapse also occur. Heat stroke is classified into two types:

- Classic Heat Stroke - occurs during periods of sustained high ambient temperatures and
- Exertional Heat Stroke - occurs while exercising during periods of high temperature and humidity.

Treatment of heat related emergencies include:

- Remove the patient from direct sun and if possible into a cooler environment.
- Remove clothing
- Assessment and management of Airway, Breathing and Circulation
- Assessment of mental status
- Cooling of the patient by fanning wet skin, not to exceed normal core body temperature (98.6 degrees F). Stop cooling the patient when the body temperature reaches 102 degrees F to avoid hypothermia
- Replenishment of fluids by mouth ONLY if the patient has control of their airway IV fluid replacement, but avoid fluid overload. Assess blood glucose with patients exhibiting altered mental status

To help prevent heat related emergencies, one should:

- Apply sun block liberally and frequently

- Limit activities during periods of high temperature and humidity
- Wear clothing appropriate for conditions
- Hydrate frequently

EMS providers, fire fighters and police officers should learn to recognize this emergency before it's too late. Thirst and weakness are the first signs of dehydration and should ring a signal that it may be time to take a break, get out of the sun and cool down.

Remember to not become a patient yourself. Be safe.



July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Chief Kelly Capt Balcom Lt Shepard				1	2
3	4 Independence Day	5 E1,E2,E3 Company Training 7-9pm	6 E4,L1 Company Training 7-9pm	7	8	9
10 7:30-11am WAFFLE Breakfast	11 Capt Parkhurst Capt Kincaid MFD CLOSED	12 Big Truck Day at Library 10am-12	13	14	15	16 Dennis Heidel b-day!
17 Fred Solan b-day!	18 Dep Carter Lt Chappell Rescue A Training 7-9pm	19 Rescue B Training 7-9pm	20	21 Oral Boards for LT	22	23
24	25 Dep Britton Lt. Per ere	26	27	28 Chief's Meeting 530pm-7 Officer's Meeting 7-9pm	29	30
31	Capt Cobb Lt Marsha	Notes Happy and safe 4th of July to all!				